

My Body...



...God's Temple!

# My Body...God's Temple

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Produced And Distributed By:

**Body Life Ministries**

**800.860.7125**

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# MY BODY...GOD'S TEMPLE

Dear Parent or Facilitator,

The questions in this booklet are designed to explore what children are thinking regarding their own bodies and the circumstances in which they have been involved. As lies are exposed, we as disciplers and counselors are able to exchange these lies with Biblical truth. Through the questions that are explored and answered with specific scriptures, children will be led by their own participation into the revelation of God's true design for their own bodies.

We pray that The Truth will set the children free from the guilt and shame of any sin in which they have been involved. We can then lead children into cleansing and healing, as they take the necessary steps of disclosure, confession, repentance, and forgiveness.

With this booklet, may children understand their own rights and responsibilities regarding their own bodies according to God's Word. May they also confidently set proper boundaries for the future, based on God's perfect design.

To His Praise and Honor,

Carol Perkins and Mindy Peterson  
***Fresh Start For All Nations***

**O**ur bodies are very special. They are designed by God for a very unique purpose. Our bodies have many functions. They can eat, think, talk, transport us, and procreate (have the ability to make babies), just to name a few. The most important privilege our bodies have is the opportunity to be the home (temple) of the Holy Spirit. The most important function our bodies can have is to glorify the living God.

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your body."*

**I Corinthians 6:19-20 (NIV)**

**M**any times people get God's plans mixed up. They choose to use their bodies in a way that violates (goes against) God's design for them. Any time we violate God's design, it results in sin. (Isaiah 53:6)

**S**exual activity is one way people tend to misuse their bodies. Sex is not evil; it is a gift given to us from God, but if misused, it is sinful. Sex is a gift from God for married couples only. It is for procreation (having children) and for the pleasure of expressing love and intimacy in a committed, lifetime relationship between one man and one woman who are married.

*"There is a time for everything,  
and a season for every activity  
under heaven."*

**Ecclesiastes 3:1 (NIV)**

**L**et's look at our Creator's handbook (the Bible) and see what He says in regard to the following questions about our bodies.



*"For You created my inmost being;  
You knit me together in my mother's  
womb. I praise You because I am  
fearfully and wonderfully made;  
Your works are wonderful, I know  
that full well."*

**Psalm 139:13-14 (NIV)**

1. What does God call our bodies? \*

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**SCRIPTURE BANK**

- I Corinthians 3:16
- I Corinthians 6:19-20

2. Who lives there if we are a child of God? \*

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**SCRIPTURE BANK**

- I Corinthians 3:16
- I Corinthians 6:19-20
- Galatians 2:20

3. How should we take care of this temple?

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Did you include any of the following in your list?

- > Know and live for the Creator.
- > Read the "care manual", the Bible.
- > Keep it clean.
- > Eat the proper nutrition.
- > Get exercise.
- > Not do anything that would be destructive to it or deface it in a way that would draw attention to it and away from God.
- > Use it according to God's design.

All of these are ways to take care of the temple God gave to us.

\*See "Answer Key" pg. 22

4. Can we treat our body any way we choose? \* \_\_\_\_\_

SCRIPTURE BANK

- I Corinthians 6:19-20

Explain: \_\_\_\_\_

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5. Who does our body belong to? \_\_\_\_\_

SCRIPTURE BANK

- I Corinthians 3:16, 17
- I Corinthians 6:19-20

> We are not our own.

We belong to the Lord. God's Word tells us there will be strong consequences for destroying the temple. God's temple is holy, and we are that temple.

\*See "Answer Key" pg. 22

6. What should we do if someone has hurt our body? \_\_\_\_\_  
\_\_\_\_\_

> We need to tell an adult whom we can trust. He/she will help us.

7. What should we do if we have misused or hurt someone else's body? (touching private parts or any kind of sexual practice)  
\_\_\_\_\_  
\_\_\_\_\_

> We need to tell an adult whom we can trust. He/she will help us seek forgiveness regarding the offender - as well as seeking forgiveness for our part, if any, from the Lord. The Lord delights in forgiving and cleansing us from this sin if we are truly repentant (sorry about it and wanting to change).

(I John 1:9, Isaiah 1:18, Hebrews 9:14)

8. What should we do if someone has touched our body in an inappropriate place (touching private parts or any kind of sexual activity)?

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> It is very important to tell an adult you can trust. Sometimes, the perpetrator\* will threaten the person he/she has abused.

He/she does this to keep you from telling anyone.

Don't let that person's threats or your fear keep you from receiving God's wonderful comfort, cleansing, forgiveness and healing.

\*Perpetrator - a person who does something evil, criminal or offensive.

9. Will we get into trouble if we have participated in inappropriate sexual activity?

What does the Lord say to us in Isaiah 1:16, 18-19? \_\_\_\_\_

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- > Don't be afraid of being in trouble or disappointing someone you love. Fear will keep you from being free from the guilt and shame. God desires this freedom for you. God wants to cleanse your conscience and have you experience His peace. (Isaiah 1:16, 18-19)

**God's design is always:**

Repentance	Luke 13:3
Confession	I John 1:9
Cleansing	Ezekiel 36:25
	Zechariah 13:1
	I John 1:7

(Continued on next page.)

Forgiveness      Matthew 18:21-35  
Freedom          Psalm 119:32  
                        Psalm 118:5  
                        John 8:31-32

That's why He died and shed his blood for us. He knew we would need forgiveness and healing from sin. He gave us a way of escape. But if we hide our sin, we can't be released from it.

(Psalm 32:3-5, Isaiah 53:5,  
I Peter 3:18, I Peter 2:24)

10. Are we "bad" because  
this happened?

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#### SCRIPTURE

- Psalm 14:3
- Psalm 53:3
- Proverbs 20:9
- Isaiah 53:6
- Isaiah 64:6
- I John 1:8

> Sin is bad. If it dwells in us, it affects us in an evil way. We can be free from sin through repentance and inviting Jesus to take over our life and cleanse us from all unrighteousness.

The only real good we can have in us is Jesus. He is the "Good One"; therefore, Jesus becomes our goodness.  
(Psalm 86:5, Psalm 119:68, Matthew 19:17)

11. Does God care about what has happened in my life? Why? \_\_\_\_\_  
\_\_\_\_\_

> Yes, God does care! One of the names of our God is El Roi. This name describes an attribute of God: The God who sees. He saw what happened and is very concerned.

Why?

- ⇒ He loves you and wants you cleansed and your heart healed.  
(I John 1:9)
- ⇒ He hates sin and wants you to understand that you can be free from its harmful and powerful grip.

- ⇒ He wants you to know how to process this experience and its effects.
- ⇒ God said we would have troubles in this world. He has given us a plan to get through them. There is only one way and it's His Way. Our way will only make things worse.  
(John 16:33, Psalm 32:8, Proverbs 12:15, Proverbs 14:12)

12. What will God do regarding this matter?

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> God will keep His promises. He wants us to make the right choices out of obedience to Him. His Word shows us The Way. (Psalm 119:143, Psalm 119:105, Acts 17:30, II Peter 3:9, Psalm 119:67-68, Psalm 119:50, Psalm 119:154)

13. How does God feel about the person who touched me? \_\_\_\_\_

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- > God loves and cares for everyone.  
(John 3:16)
- > God hates sin and gives everyone an opportunity to repent, cleanse his/her life, and be forgiven.  
(II Peter 3:9, Jeremiah 14:10, Proverbs 28:13, Isaiah 13:11)
- > God is angry with the wicked everyday.  
(Psalm 7:11 KJV)

14. Was it my fault? Let's explore this question.

- > Was I under authority at the time of the incident? (God's provision for protection) This means, was I, as far as I know, obeying God and man? (parents, guardians, teachers, those in God-given authority over me, etc.)  
(Romans 13:1-2) \_\_\_\_\_ **(Yes or No)**

> Did I go to a place that compromised my safety? If so why? \_\_\_\_\_

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> Did I let someone talk me into something because I didn't want them to be angry with me or to lose their friendship or love? (Proverbs 29:25, Isaiah 51:7)

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> Was the experience, at first, pleasurable to me? \_\_\_\_\_

If any of your answers were yes, you can be cleansed of your part of the sin. Admit your wrong. You can be free! (I John 1:9).

NOTE: It is understood that you may not have been aware of the consequences for the choices you made that violated scriptural principles.

15. If you are convinced by your conscience and the Word of God, that you have sinned against God through the misuse of your body, pray the following prayer (or one like it):

“Lord, I confess that I have willingly or unwillingly  
(circle whichever is true for your situation)  
joined my body to \_\_\_\_\_ .  
(name the person/s)

Your Word clearly says that when this happened, the two of us became one flesh (I Corinthians 6:16). If I willingly participated in this act outside the boundaries of marriage (God’s design), I not only sinned against God (Exodus 20:14, Mark 7:21-23, Hebrews 13:4), but I also sinned against my body (I Corinthians 6:18). I ask you to forgive me, Lord, for joining my body to \_\_\_\_\_ (or I choose to forgive \_\_\_\_\_ for doing this to me).

(continued on next page)

I ask you to break the unnatural and unhealthy bonding that took place when the two of us became one flesh (I Corinthians 6:16) and I renounce (cast off, reject, forsake) the unrighteous use of my body with \_\_\_\_\_ through this act. Please cut off any demonic activity that gained influence over my body, mind, or spirit through this sin.

I choose to join myself to You, now, Lord (I Corinthians 6:17), and I ask that You be glorified in and through my body (I Corinthians 6:20). I choose to forgive \_\_\_\_\_ and I choose to receive God's forgiveness for me. Thank you for forgiving me and cleansing my heart from all unrighteousness (I John 1:9). Please give me the grace to resist future temptations and to obey You in this area. Keep me pure, Lord (James 4:7-8). Thank you for Your love and faithfulness to me!

In Jesus' name, Amen."

16. Does God want us touching or stimulating ourselves? \_\_\_\_\_

- > Scripture points to God's intention for sexual pleasure to be with two people - husband and wife - in the context of marriage. (Genesis 2:18, Genesis 2:24, Ecclesiastes 3:1)

17. Will God forgive me if I have? \_\_\_\_\_

- > God desires for you to repent and be cleansed. (II Peter 3:9, I John 1:9)

18. Can I ever be pure and clean again? \* \_\_\_\_\_

SCRIPTURE

- I John 1:9

\*See "Answer Key" pg. 22

## 19. How can I stop this practice?

A. First you must be convinced that your actions have been sinful and that you desire to wholeheartedly repent.

### SCRIPTURE

- I John 1:9
- Isaiah 52:11
- Psalm 51:10

B. Prayer is your power source. If you opened the doorway to any unclean or unnatural bonding, ask God to cleanse your heart.

### SCRIPTURE

- Psalm 51:10

C. Pray for the proper fear of the Lord and make provision for it by renewing your mind in God's Word.

### SCRIPTURE

- Proverbs 1:7
- Proverbs 8:13
- Proverbs 16:6
- Deuteronomy 10:12
- Romans 12:2
- Psalm 119:9

D. Find a godly person whom you can trust. Ask this person to pray for you and hold you accountable to remain pure.

(continued on next page)

E. Train your mind not to focus on the temptation(s) but to resist it, and place your focus on the things of God.

#### SCRIPTURE BANK

- II Corinthians 10:3-5
- I Corinthians 10:13
- Philippians 4:8
- James 4:7-8

F. Make sure your friends are desirous of pleasing the Lord in attitudes, thought life, and actions.

#### SCRIPTURE

- I Corinthians 15:33

### Answer Key:

Question #1 (page 8): His temple.

Question #2 (page 8): The Holy Spirit / Jesus

Question #3 (page 9): No, our bodies don't belong to us. We must take care of them so they will honor God.

Question #4 (page 20): Yes. (1 John 1:9)